

HappyDay CSA Newsletter

Emerald Cup 2018!

Well folks, we've arrived in December. As I write, the late afternoon sunbeams light up the landscape. The golden beams glows like fire in the trees and the green explodes from the garden and pasture. The velvet of the light matches the character of the land, softening the soul after the steeliness of harvest.

The days are short, the nights are cold. The time has come for planning, cleaning, organizing and reflecting. We look back on the year that has gone by and we look towards the year that is to come. Now that the rains have come, the landscape is moist and soft and the green is beginning to return.

We play cribbage with dinner and find time to read, relishing the shorter days and trying to catch up on sleep. The rhythm of farming is such that the downtime is an absolute necessity, a welcome respite from the grind of harvest time. Every fall is hectic, but this year was especially so, with days often starting at 5 in the morning and not ending until well into the night. After the marathon of the season, rest is essential.

This is the first year since 2015 that we have done a winter CSA, and we are enjoying the partnership that we share with other farms and the FoodHub in this effort to bring you quality local food. We are appreciating the leadership and vision that Mikey and everyone in the Flow Kana ecosystem are creating, exemplified in this CSA program. We are thrilled to be on this journey together, learning as we go.

In past winters that we did CSA, we were operating at a much smaller capacity with a much more limited set of options to fill the bags. HappyDay has very little in the way of infrastructure for winter production, but we are able to coordinate with other farms to put together a tasty bag of local food for you to enjoy.

Over the course of the winter you can expect to encounter a wide variety of local products; we'll be using some creativity to get through the late winter and early spring months. That time period when the winter storage crops have run their course and the spring greens have not reached harvestable size can be very difficult for the food system.

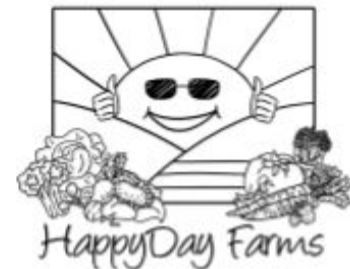
We are hoping to install our first caterpillar tunnels this winter, increasing our seed-starting ability in spring and allowing us to move towards a future of more winter production. We have long made use of small, simple PVC hoopouses, (over)

**Always wash your veggies
before eating them! :)**

**Have any recipes you like
making with CSA produce?**

Email them to us

happydayfarms42@gmail.com



**On the back of this newsletter
you'll find a recipe. To see other
recipes you can go to the blog page
at happydayfarmscsa.com :)**

**The newsletter gets printed the
night before CSA and there are
sometimes changes that happen on
packaging day. If you ever find that
what is in your share differs from
what is listed on the newsletter,
this is the reason :)**

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and though they can be effective on a small scale, they are not very well-suited to larger winter harvests. In this special agricultural climate, a simple layer of plastic can create archetypal winter vegetable harvests because there is no water stress, fewer pests and the crops are sheltered from the ravages of weather.

We are excited to continue the journey of re-imagining food production in this bountiful region. Working with the FoodHub to identify, aggregate and distribute food from many local farms, we will be able to continue the CSA through the spring and on into the growing season in 2019.

We take time for practicing gratitude as the days shorten towards the winter Solstice. It is a joy to share the journey, and we look forward to the lessons that 2019 will bring. Much love and appreciation!

Casey's Easy Recipe Action Greens with Sweet n Sour Sauce

- 1 cup stock or water – 1/2 lb cooking greens, destemmed. Save stems for stirfry or soup. – 4 green garlic, thinly sliced – salt and pepper – 2 tbsp vinegar – 1 tbsp brown sugar – 1 tbsp grated ginger – 1 tsp red pepper flakes

1. Bring stock or water to a boil in a large skillet or pot. Add greens and cook, stirring until wilted.
2. Drain greens, save cooking liquid. Transfer greens to individual plates and garnish with green garlic.
3. Pour the reserved cooking liquid back into the skillet or pot and bring to a boil over high heat. Boil till reduced to 1/3 cup, about 8 minutes. Add the vinegar and brown culture. Sitr in the ginger and red pepper flakes. Boil for 30 seconds. Remove from heat and spoon the mixture over the greens. Serve immediately.

Casey's Easy Recipe Action

Cabbage & Beet Salad/Simple Kraut

- Shred cabbage and beets
- Green Garlic optional
- Combine shredded cabbage, beets
- Put in big jar make sure food is covered with salt brine.

Let ferment to desired fermentedness. Serve raw prior to fermentation or post, with dressing or sprinkled on top of a green salad with salt or lemon juice to taste. Simple, easy, really really good for you.

Roasted Winter Vegetables

- 6-8 cups winter veggies: potatoes, garlic, onions, turnips, carrots, etc
- 2 tablespoons oil
- 1 tablespoon dried or 3 tablespoons fresh herbs such as rosemary, thyme, parsley, oregano
- Toss ingredients together, keeping onions separate cuz they cook faster; add them 10 minutes in.

Roast in preheated oven at 425 til tender, 30-45 min. Nestle in a chunk of meat or other protein source and cook for longer (until meat is fully cooked) for a full family meal.

Au Gratin Cabbage

From Simply In Season by Mary-Beth Lind and Kathleen Hockman-Wert

- 2 cups cabbage shredded
- 1/2 cup carrots shredded
- 1/3 cup green onions (or green garlic or both) chopped
- Saute until crisp-tender in frypan with oil of choice. Transfer to greased 1-quart baking dish.
- 1/2 cup milk
- 1 egg
- 3 tbps shredded cheese

Combine in a small bowl. Pour over vegetables. Garnish with 1 tablespoon chopped fresh parsley and 1 tablespoon grated Parmesan cheese (or choice of alternative). Bake at 350 for 30-35 minutes.